

# 2008 - 2009 Fitness Journal - 10 extra credit points

This is an extra credit assignment ---- if completed you can earn **10 extra credit points!**

To Earn All **10 Points** You Must;

- ★ Keep a fitness journal for **1 WEEK [7 DAYS]**.
- ★ You & your parents/guardians must sign this Fitness Journal and turn it into Ms. Salter or Mr. Malik in order to get all your points.
- ★ Your fitness journal must have ~
  - ✱ Fitness related exercises that explain how you exercised during the 7 days.
  - ✱ The fitness journal **must** list **the specific muscle(s)** that you used to exercise each day.
    - *(If you are unsure what the muscles are called please ask Mr. Malik – I will be happy to help!)*
  - ✱ The fitness journal must have all 7 days completed. That is Monday – Sunday.
  - ✱ The fitness journal must show that you exercised more that **30 minutes** each day.
- ★ **Student – Parent/Guardian Signature ~**

✱ Students signature \_\_\_\_\_

✱ Parent / Guardian Signature \_\_\_\_\_

~ IF YOU NEED ADDITIONAL SPACE PLEASE USE THE BACK OF THIS SHEET!

~ Monday

~ Tuesday

~ Wednesday

~ Thursday

~ Friday

~ Saturday

~ Sunday